ABSTRAK

Fred Rich Connery (01071180043)

HUBUNGAN KECERDASAN EMOSIONAL TINGGI DENGAN STRES PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN SELAMA PANDEMI COVID-19
(XV + 68 halaman: 11 tabel; 3 bagan; 3 lampiran)

Latar Belakang: World Health Organization (WHO) menetapkan *Coronavirus Disease 2019* (COVID-19) sebagai pandemi global. Hal tersebut menyebabkan mahasiswa mengalami stres dengan penularan COVID-19 disamping sistem pendidikan yang berubah menggunakan pembelajaran jarak jauh. Walaupun telah dilaporkan bahwa kecerdasan emosional dapat mengurangi stres namun belum banyak diungkapkan hubungan diantara keduanya pada masa pandemi. Dengan demikian akan diteliti hubungan antara kecerdasan emosional tinggi dan stres selama masa pandemi COVID-19.

Tujuan Penelitian: Mengetahui adanya hubungan antara kecerdasan emosional tinggi dengan stres pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan (FK UPH) selama pandemi COVID-19.

Metode Penelitian: Mahasiswa FK UPH diberikan formulir google secara daring untuk mengisi kuesioner yang berkaitan dengan kriteria inklusi melalui *General Health Questionnaire-12* (GHQ-12), *Patient Health Questionnaire-9* (PHQ-9), dan *Mood Disorder Questionnaire* (MDQ) untuk mengukur kesehatan mental. Dari kedua kelompok kecerdasan emosional (KE) dilakukan acak sederhana untuk memenuhi jumlah sampel yang diinginkan sebanyak 52 mahasiswa untuk masing-masing kelompok. Selanjutnya, pada kedua kelompok tersebut diberikan kuesioner *Medical Student Stressor Questionnaire* (MSSQ) untuk mengukur stres. Statistical Package for the Social Sciences (SPSS) 25 akan dipakai sebagai instrumen analisa statistik.

Hasil: Dari 305 mahasiswa yang memenuhi kriteria inklusi akan dibagi menjadi 2 kelompok sampel dengan kriteria KE yang normal dan tinggi melalui kuesioner *Emotional Intelligence Appraisal* (EIA). Kuesioner EIA menunjukkan bahwa terdapat kelompok KE rendah sebanyak 1.3%, kelompok KE normal sebanyak 38.7%, dan kelompok KE tinggi sebanyak 60.0%. Dengan kuesioner MSSQ menunjukkan bahwa terdapat stres ringan sebanyak 24%, stres sedang 49%, stres berat 26%, dan stres sangat berat 1%. Terdapat distribusi data yang normal melalui Tes Kolmogorov-Smirnov sehingga dapat digunakan uji T dengan derajat kepercayaan 95% ($p<0.05$). Analisa Uji T pada kelompok KE tinggi dengan rata-rata stres (1.76 ± 0.64) dan kelompok KE normal dengan rata-rata stres (1.40 ± 0.75) menunjukkan perbedaan yang bermakna $p<0.05$. Hasil penelitian ini sesuai dengan penelitian sebelum pandemi, diduga karena individu dengan KE tinggi tidak rentan mengalami stres selama pandemi COVID-19.

Kesimpulan: Sesuai dengan hipotesis pada penelitian ini bahwa selama masa pandemi COVID-19 kecerdasan emosional yang tinggi menunjukkan hubungan dengan rata-rata stres pada mahasiswa FK UPH.

ABSTRACT

Fred Rich Connery (01071180043)

RELATIONSHIP BETWEEN HIGH EMOTIONAL INTELLIGENCE AND STRESS OF MEDICAL STUDENTS IN UNIVERSITAS PELITA HARAPAN DURING COVID-19 PANDEMIC

(XV + 68 pages: 11 tables; 3 diagrams; 3 attachments)

Background: *World Health Organization (WHO) has declared Coronavirus Disease 2019 (COVID-19) as a global pandemic. The pandemic affects stress to the students due to the COVID-19 outbreak and changes the education to be distance learning program. Although it was reported that emotional intelligence able to reduce stress, however the relationship between high emotional intelligence and stress during a pandemic has not yet been elucidated. Therefore, the relationship between high emotional intelligence and stress during the COVID-19 pandemic will be studied.*

Aim: *To explore the relationship between high emotional intelligence and stress among medical students of Universitas Pelita Harapan during the COVID-19 pandemic.*

Methods: *Medical students of Universitas Pelita Harapan were given an online google form to fill out questionnaires related to inclusion criteria through the General Health Questionnaire-12 (GHQ-12), Patient Health Questionnaire-9 (PHQ-9), and Mood Disorder Questionnaire (MDQ) to measure mental health. A simple random sampling was carried out to meet the desired sample size of 52 students in each group of Emotional Intelligence (EI). Furthermore, both groups were given the Medical Student Stressor Questionnaire (MSSQ) to measure stress. The Statistical Package for the Social Sciences (SPSS) 25 was used as an instrument of statistical analysis.*

Results: *The three hundred five (n=305) students who meet the inclusion criteria were divided into 2 sample groups with normal and high emotional intelligence criteria through the Emotional Intelligence Appraisal (EIA). EIA showed that the low EI group was 1.3%, the normal EI group was 38.7%, and the high EI group was 60.0%. With MSSQ, it showed 24% mild stress, 49% moderate stress, 26% severe stress, and 1% very severe stress. There was a normal data distribution through the Kolmogorov-Smirnov test so that the T test was used with a degree of confidence of 95% (p<0.05). T test analysis of the high EI groups with stress (1.76±0.64) and normal EI groups with stress (1.40±0.75) showed that there was a difference which states p<0.05. The results of this study were the same as those before COVID-19 pandemic, probably because individuals with high EI were not prone to experiencing stress during the pandemic.*

Conclusion: *This study is related with the hypothesis that during the COVID-19 pandemic, high emotional intelligence showed significant differences to stress in medical students of Universitas Pelita Harapan.*

Keywords: *Stress, Emotional Intelligence, COVID-19 Pandemic*
Reference: *58 (1985-2021)*